

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effects of educational intervention on Health-Promoting Behaviors to improve Quality of life among Health Volunteers in South Tehran Health Centers in 2016 -2017 : "Application of BAZNEF Model".

Protocol summary

Summary

The aim of this study is to determine the effect of educational intervention on Health-Promoting Behaviors to improve Quality of life among Health Volunteers in South Tehran Health Center in 2016 -2017 : "Application of BAZNEF Model. This research is a quasi-experimental study with two control and intervention groups. Inclusion criteria: health volunteers with at least two years working experience. Exclusion criteria: no tendency to participate the study. Study population includes health volunteers of subsidiary health centers in south of Tehran. Sample size is 186(93 participants intervention group and 93 participants in control group). In this study there has been employed BASNEF theory-based questionnaire including demographic information, health promoting behaviors items, quality of life and BASNEF model of structures. A pre-test is taken from both groups. there will take place six training sessions (each session 30 or 45minutes) for the intervention group over a month. These sessions are in form of group training and questions and answers together with providing training package. In these sessions, the attempt is sharing necessary information and instructions on the health promoting behaviors. Six months later, in order to assess the intervention effects, the questionnaire will be completed again for both groups. The primary outcome of this study , is the health promoting behaviors and BASNEF of constructs. The study is not blinded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016110212460N12**

Registration date: **2016-11-11, 1395/08/21**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-11-11, 1395/08/21

Registrant information

Name

Roya Sadedgi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 912 327 5692

Email address

sadeghir@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for education of Tehran University of Medical Sciences and Vice chancellor for research of Tehran University of Medical Sciences

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of educational intervention on Health-Promoting Behaviors to improve Quality of life among Health Volunteers in South Tehran Health Centers in 2016 -2017 : "Application of BAZNEF Model".

Public title

Effect of educational intervention on quality of life improvement in health volunteers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria : health volunteers with at least two years working experience; full satisfaction to participate in the study. Exclusion criteria : no tendency to participate the study; being absent two sessions from six Sessions.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **186**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Tehran University of Medical Sciences

Street address

Tehran.Poursina Ave

City

Tehran

Postal code

IR.TUMS.SPH.REC.1395

Approval date

2016-11-02, 1395/08/12

Ethics committee reference number

IR.TUMS.SPH.REC.1395.933

Health conditions studied**1****Description of health condition studied**

Health-Promoting Behaviors

ICD-10 code

Z71

ICD-10 code description

Persons encountering health services for other counselling and medical advice, not elsewhere classified

Primary outcomes**1****Description**

Health-Promoting Behaviors

Timepoint

Baseline and six months later

Method of measurement

Questionnaire

2**Description**

BASNEF of constructs

Timepoint

Baseline and six months later

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Quality of life

Timepoint

Baseline and six months

Method of measurement

Questionnaire

2**Description**

BASNEF of constructs

Timepoint

Baseline and six months

Method of measurement

Questionnaire

Intervention groups**1****Description**

In control group ,education will be conducted based on routine plan of health centers.

Category

Prevention

2**Description**

Intervention will take place over a month of training sessions (six sessions) in form of blended education

training (lecture ,question and answer). 93 participants intervention group and 93 participants in control group. Every session will take 30 to 45 minutes. In these sessions, the attempt is sharing necessary information and instructions on the health promoting including behaviors.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

South health centers of Tehran University of Medical Sciences

Full name of responsible person

Mr.Javad Barzegari

Street address

NO.4 , Shafeei Alley , Quods Ave. , Enghelab Square

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for education of Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohamad Jalili

Street address

Central Organization of Tehran University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for education of Tehran University of Medical Sciences

Proportion provided by this source

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

2

Sponsor

Name of organization / entity

Vice chancellor for research of Tehran University of Medical Sciences

Full name of responsible person

Masoud Younesian

Street address

Central Organization of Tehran University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research of Tehran University of Medical Sciences

Proportion provided by this source

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr.Roya Sadeghi

Position

Academic staff

Other areas of specialty/work

Street address

School of Public Health, Tehran University of Medical Sciences

City

Tehran

Postal code

Phone

+98 989123275692

Fax

Email

sadeghir@tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Roya Sadeghi

Position

PhD

Other areas of specialty/work

Street address

School of Public Health, Tehran University of Medical Sciences

City

Tehran

Postal code**Phone**

+98 982142933210

Fax**Email**

sadeghir@tums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Dr.Roya Sadeghi

Position

PhD

Other areas of specialty/work**Street address**

Tehran

City

Tehran

Postal code**Phone**

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Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty